

## **TRIP TO THE “BIG E”**

We are offering a trip to the Big E in West Springfield on Thursday, September 24<sup>th</sup>. **This trip is for Foxborough residents ONLY.** Join us as we enjoy the sights, sounds and tastes of the fall season at New England’s autumn extravaganza and the largest fair in the northeast – “The Big E.” We’ll spend the entire day experiencing all that The Big E has to offer which includes entertainment, major exhibits, the Avenue of the States, New England history and agriculture, animals, rides, shopping, crafts, a daily parade, and foods from around the world. We will be leaving Foxborough via motorcoach from the rear parking lot of St. Mary’s Church at 9:00 a.m., and we’ll leave the fair after the 5:30 p.m. parade, returning to Foxborough at approximately 7:00/7:30 p.m. Thanks to a grant from the Eastern States Exposition that covers the cost of admission and transportation to the fair, we are able to offer this trip for just \$2 per person, which covers the gratuity for the coach driver. If you’d like to take advantage of this great day trip, please sign up by calling the senior center at 508-543-1252 beginning at 8:00 a.m. on Wednesday, August 26<sup>th</sup>.

### **Monday, August 24**

Jay Barrows’ Office Hour 9:30 a.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

### **Tuesday, August 25**

Stretch & Balance 8:30 a.m.

Nutrition 11:00 a.m.

Movie Day – “Still Alice” 12:30 p.m.

Van Trip to Norwood Farmers Market 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, August 26**

Strength Training 8:30 a.m.

Coffee & Conversation with the Town Manager 12:30 p.m.

Walmart 1:00 p.m.

Country Line Dancing 2:15 p.m.

Senior Supper Club 4:30 p.m.

### **Thursday, August 27**

“The Unsinkable” Program on the Titanic 10:00 a.m.

Men’s Cookout 12:30 p.m.

Van Trip to Flint Farm for ice cream 1:30 p.m.

### **Friday, August 28**

Stop & Shop 8:30 p.m.

Aerobic Exercises 9:00 a.m.

Cribbage 10:15 a.m.

## **MANAGING CONCERNS ABOUT FALLS**

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, “A Matter of Balance: Managing Concerns About Falls” is a program for you. This free eight-week evidence based workshop is being held at the senior center from 10:00 a.m. to 12:00 noon on the following Thursdays: September 10, 17, 24 and October 1, 8, 15, 22 and 29. The “A Matter of Balance” program is designed to help people to improve their quality of life and remain independent by reducing the fear of falling and increasing activity levels. People who develop this

fear of falling often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults experience increased isolation and depression when they limit their interactions with family and friends. Participants in this workshop will learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. Seating for this program is limited, so if you're interested in taking part, please call the senior center at 508-543-1252 to reserve your spot.

## **SPECIAL PROGRAMS**

### **“UNSINKABLE”**

Come join us at the senior center on Thursday, August 27<sup>th</sup> at 10:00 a.m. as our guest speaker Patricia Perry presents her program “Unsinkable.” April 14, 2014 marked the 102<sup>nd</sup> anniversary of the sinking of the Titanic. How much do you really know about the Titanic? If your knowledge comes from movies or romantic books, you may be in for a surprise. For instance, it wasn't just the iceberg that helped to sink the Titanic. Patricia Perry is a member of the National Association of Interpretation and a Certified Interpretive Guide. She is also a former junior high school teacher and a bit of a history nut. Join Patricia and travel with “Sneak Peek” aboard the luxurious floating palace that was the Titanic. But fair warning...each audience member will become one of the Titanic's passengers or crew. Some will survive and some will not. This program is being sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 if you'd like us to save you a seat “onboard” for this program.

### **MEN'S COOKOUT**

The next Men's cookout will be held on Thursday, August 27<sup>th</sup> at 12:30 p.m. Our guest speaker this month will be Foxborough Veterans' Agent Mike Johns. The cost for the cookout is \$3 and if you would like to attend please call the senior center at 508-543-1252 by Friday, August 21<sup>st</sup>. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the lunch has been served.

### **TRIP TO THE NORWOOD FARMERS' MARKET**

Our VanGo will be traveling to the Farmers' Market on Norwood Common on Tuesday, August 25<sup>th</sup> at 1:00 p.m. If you would like to ride with us to the market in Norwood to shop for some fresh local produce, please give us a call at 508-543-1252 and we'll save you a seat on the van.

### **NEW SENIOR CENTER HOURS**

The senior center is now open until 6:30 p.m. every Wednesday evening and closes at 12:30 p.m. on Fridays. Check out our August 26<sup>th</sup> Wednesday schedule which includes: our Strength Training Class with Bobbie Rodman starting at 8:30 a.m.; Coffee and Conversation with the Town Manager at 12:30 p.m.; Van trip to Walmart at 1:00 p.m.; kick up your heels at our Country Line Dancing Class at 2:15 p.m., and; at 4:30 p.m. is our Senior Supper Club.

### **COFFEE AND CONVERSATION WITH OUR TOWN MANAGER**

Come join us at the senior center for some “Coffee and Conversation” with our Town Manager Bill Keegan on Wednesday, August 26<sup>th</sup> from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

### **SENIOR SUPPER CLUB**

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, August 26<sup>th</sup>, we'll be enjoying our “Orient Express” menu of chicken teriyaki, Asian rice, Tahitian-blend veggies, lemonade and cake. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that

evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 by Monday, August 24<sup>th</sup> to make your reservation and to arrange for transportation, if needed.

### **BROADWAY BLOCKBUSTER WITH JACK CRAIG**

Join Jack Craig at the senior center on Wednesday, September 9<sup>th</sup> at 4:30 p.m. and he will tell us about the making of the movie musical “Gigi.” MGM producer Arthur Freed convinced Alan Lerner to write a screenplay converting the Colette novella to become the movie “Gigi.” Next, Lerner convinced Loewe to write the music for the film, which garnered nine Oscars – including “Best Picture.” “Gigi” was filmed in Paris with a cast including Leslie Caron, Louis Jourdan, Hermoine Gingold and Maurice Chevalier, giving us memorable songs including “Thank Heaven for Little Girls,” “The Night They Invented Champagne,” and “I Remember It Well.” Call the senior center at 508-543-1252 to sign up and we’ll save you a seat! If you’re unable to attend, you can borrow the DVD recording from the senior center or check for the broadcast of this program on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38.

### **PRESENTATION ON DELIRIUM**

Delirium is a sudden change in mental status or sudden confusion which develops over hours to days. It is different from dementia and affects more than half of all hospitalized seniors. Come join us on Thursday, September 10<sup>th</sup> at 1:00 p.m. as we learn the ten tips to help avoid confusion in the hospital. Find out why you as a family member or friend can be the best advocate for preventing or mitigating the effects of delirium in a patient. This program will be presented by Pat Gavin of HESSCO Elder Services and Mary McDougall, RN, PhD, Nurse Educator at Norwood Hospital. Please call the senior center at 508-543-1252 to sign up for this program.

### **GREETING CARD-MAKING CLASS**

Come have some fun and learn the art of creating hand-crafted greeting cards at the senior center. Our volunteer instructor, Helen Rice, will be teaching a card-making class on Fridays from 10:30 a.m. to 12:00 noon beginning on Friday, September 11<sup>th</sup>. The fee is just \$1 per class and will cover your supplies and the instruction. This is your chance to create cards for all occasions or make some unique holiday cards with your own personal sentiments for the upcoming holiday season.

### **SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY**

Watch “Your Scene Your Center” on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On September 2<sup>nd</sup> and 3<sup>rd</sup> the featured program will be “Jack Craig Big Band Signature Songs from bandleaders A - J.” All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

### **COUNTRY LINE DANCING**

Get ready to kick up your heels and join us for Country Line Dancing classes at the senior center. Line dancing is a choreographed dance with a repeated sequence of dance steps, add some country music, and then the fun begins. This program is sponsored by the Friends of Foxborough Seniors. The classes will be held every Wednesday afternoon through October 7<sup>th</sup>. Learn the basic steps, then put what you’ve learned into action! Our line dancing instructor is Susan Brown. Join us for some good exercise and a great time! Please call the senior center at 508-543-1252 to sign up to reserve your spot.

### **WE ALL SCREAM FOR ICE CREAM!**

It is summertime, the weather’s hot, and it’s time to think ice cream. So we’ve planned some ice cream day trips once again! This year’s trips will be scheduled on some Tuesday and Thursday afternoons this summer. On Thursday, August 27<sup>th</sup> at 1:30 p.m. we’ll be off to Flint Farm in Norton. Van space is limited, so be sure to call early if you’d like to sign up and join us. Van transportation is reserved for Foxboro residents only.

## **MEDICAL INFORMATION AND SERVICES**

### **CAREGIVERS' WORKSHOP**

Compassion in Action: Spiritual Practice to Develop Resilience explores the risk for stress-related illnesses, compassion fatigue, and burnout for caregivers. A workshop appropriate for family caregivers and all direct care disciplines offering a sampling of meditative techniques to help develop resilience, including centering breath work and meditation, will be held on Thursday, August 27<sup>th</sup> from 10:00 to 11:00 a.m. at the Community VNA, 10 Emory Street in Attleboro. This program is free and is presented by Kathryn Henderson, Th.M, Spiritual Care Coordinator with Community VNA Hospice and Palliative Care. This program is open to the public, but pre-registration is required by calling 774-203-1311 or email [register@communityvna.com](mailto:register@communityvna.com).

### **CHOLESTEROL CLINIC**

We will be holding a Cholesterol/Health Promotion Clinic on Tuesday, September 29<sup>th</sup> from 9:00 a.m. to 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes and blood pressure. There is no need to fast before the cholesterol test. Please call the senior center at 508-543-1252 to schedule an appointment.

### **S.H.I.N.E**

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for September 1<sup>st</sup> and 17<sup>th</sup>. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up and appointment.

## **REGULARLY SCHEDULED**

### **MOVIE DAY**

The Movie Day for the month of August is scheduled for Tuesday, August 25<sup>th</sup> at 12:30 p.m. and our featured film will be "Still Alice." Alice Howland (Julianne Moore) happily married with three grown children, is a renowned linguistics professor who starts to forget words. When she receives a diagnosis of Early-Onset Alzheimer's disease, Alice and her family find their bonds thoroughly tested. Her struggle to stay connected to who she once was is frightening, heartbreaking and inspiring. This film also stars Alec Baldwin, Kristen Stewart and Kate Bosworth. Come join us at the senior center to watch the movie and we'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if to sign up.

### **JAY BARROWS' OFFICE HOURS**

State Representative Jay Barrows holds office hours at the senior center on the 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on August 24<sup>th</sup>. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

### **CHAIR YOGA CLASSES**

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA-certified instructor Michelle Laller, and there is a \$2 charge for each session.

## **JOIN US FOR TAI CHI**

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. There is a \$2 charge for each class. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

## **STRETCH AND BALANCE**

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a "Stretch and Balance" class at the senior center. YMCA-certified instructor Joyce Collins leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels and there is a \$2 charge for each class. Come and give it a try!

## **STRENGTH TRAINING**

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. YMCA-certified instructor Bobbie Rodman leads our class, and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

## **BINGO**

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, September 1<sup>st</sup> from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

## **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

August 26 - Walmart

September 2 – Christmas Tree Shop

## **WEEKLY SCHEDULED PROGRAMS**

### **TALESPINNERS**

Do you have a story or an experience that you would like to share? Does a fond memory bring a chuckle or a tear every time it comes to mind? Our stories and memories are what glue us together as families, neighborhoods, and even whole societies. You may not consider yourself a writer or even a storyteller, but you may have interesting recollections to share. "Talespinners" meets every Tuesday afternoon from 2:00 p.m. to 3:00 p.m. In this group, you will have the opportunity to share and write about memories and reflections. We encourage you to come and listen to our "creations" even if you don't write.

### **KNITTING CLUB**

Join us for an afternoon of knitting at the senior center. Our free knitting club meets at the senior center on Monday afternoons at 1:00 p.m. This club is open for beginners who'd like to learn from other knitters, as well as for those who would like to brush up on their skills, or just work on a project. Everyone learns from each other in this class. If you have knitting needles, please bring them in with you and we'll supply the yarn.

**MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.**

**Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

**Monday, August 24**

Breaded Chicken Fillet

Delmonico Potatoes

Green & Wax Beans

Whole Wheat Bread

Pineapple

Calories 404

Sodium 763

**Tuesday, August 25**

Swedish Meatballs

Egg Noodles

Jardiniere Blend Vegetables

Dinner Roll

Banana

Calories 470

Sodium 386

**Wednesday, August 26**

Roast Pork with Apple Cider Gravy

Whipped Potato

Glazed Carrots

Multigrain Roll

Birthday Cake

Calories 444

Sodium 327

**Thursday, August 27**

Beef & Cabbage Casserole

Beets

Honey Wheat Bread

Applesauce

Calories 360

Sodium 462

**Friday, August 28**

Chicken Cantonese

Hawaiian Rice

Fruit Muffin

Pears

Calories 308

Sodium 189